

Supplementary Material

Smartphone-based psychotherapeutic micro-interventions to improve mood in a real-world setting

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Supplementary Material Table 2. Participants feedback regarding the micro-intervention, based on the main sample, consisting of participants that conducted at least 3 micro-intervention sessions (N=27), and based on the sample of participants that received at least the micro-intervention instructions (N=30).

| Variable | Category | N=27 | | N=30 | |
|--|-------------------|------|----------|------|----------|
| | | n | (%)* | n | (%)* |
| “Two weeks of ambulatory training were too short to be successful.” | Strongly agree | 0 | (0%) | 0 | (0%) |
| | Agree | 5 | (18.52%) | 5 | (16.67%) |
| | Neutral | 12 | (44.44%) | 15 | (50.00%) |
| | Disagree | 10 | (37.04%) | 10 | (33.33%) |
| | Strongly disagree | 0 | (0%) | 0 | (0%) |
| “Two weeks of ambulatory training were well tolerable.” | Strongly agree | 0 | (0%) | 0 | (0%) |
| | Agree | 13 | (48.15%) | 13 | (43.33%) |
| | Neutral | 11 | (40.74%) | 12 | (40.00%) |
| | Disagree | 3 | (11.11%) | 5 | (16.67%) |
| | Strongly disagree | 0 | (0%) | 0 | (0%) |
| “Approximately 10 minutes of ambulatory training per day were too short to be successful.” | Strongly agree | 0 | (0%) | 0 | (0%) |
| | Agree | 8 | (29.63%) | 8 | (26.67%) |
| | Neutral | 6 | (22.22%) | 7 | (23.33%) |
| | Disagree | 12 | (44.44%) | 14 | (46.67%) |
| | Strongly disagree | 1 | (3.70%) | 1 | (3.33%) |
| “Approximately 10 minutes of ambulatory training per day were well tolerable.” | Strongly agree | 1 | (3.70%) | 1 | (3.33%) |
| | Agree | 17 | (62.96%) | 17 | (56.67%) |
| | Neutral | 7 | (25.93%) | 9 | (30.00%) |
| | Disagree | 1 | (3.70%) | 2 | (6.67%) |
| | Strongly disagree | 1 | (3.70%) | 1 | (3.33%) |

**Percentages may not total 100 due to rounding.*